



NBRC Gym Schedule

3/23/2015

MARCH 23-29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-8:30	Open Gym 6:00-7:30	Open Gym 6:00-8:45	Open Gym 6:00-7:30			
6:30am								
7:00am								
7:30am	Drop-in Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30		Drop-in Fit For Life 7:30-8:30	Open Gym 6:30-8:30	Open Gym 7:30-8:30	
8:00am								
8:30am	Spring Break Camp 8:30-4:30	Spring Break Camp 8:30-4:30	Spring Break Camp 8:30-4:30	Spring Break Camp 8:30-4:30	Spring Break Camp 8:30-4:30	Drop-in GPW 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30	
9:00am						<div>Open gym 9:30-12:00</div> <div>Drop in Wmns Vball 9:30-12:00</div>		
9:30am								
10:00am								
10:30am								
11:00am								
11:30am								
12:00pm						Open Gym 12:00-7:00	Open Gym 12:30-8:00	
12:30pm								
1:00pm								
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm								
5:00pm	Setup	Open Gym	Setup	Open Gym	Open Gym 5:00-7:30			
5:30pm	Drop-in HIIT 5:30-6:15		Drop-in HIIT 5:30-6:15					GPW 5:30-6:15
6:00pm	Takedown	Wmns Wrkout 6:00-7:00	Takedown	Wmns Wrkout 6:00-7:00				
6:30pm	Open Gym 6:30-9:30		Open Gym					
7:00pm	Open Gym 6:30-9:30	Vball Mtng 7:15-9:15		Drop-in Adult Basketball 7:00-9:00				Open Gym 7:00-9:30
7:30pm								
8:00pm								
8:30pm								
9:00pm								
9:30pm								



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)